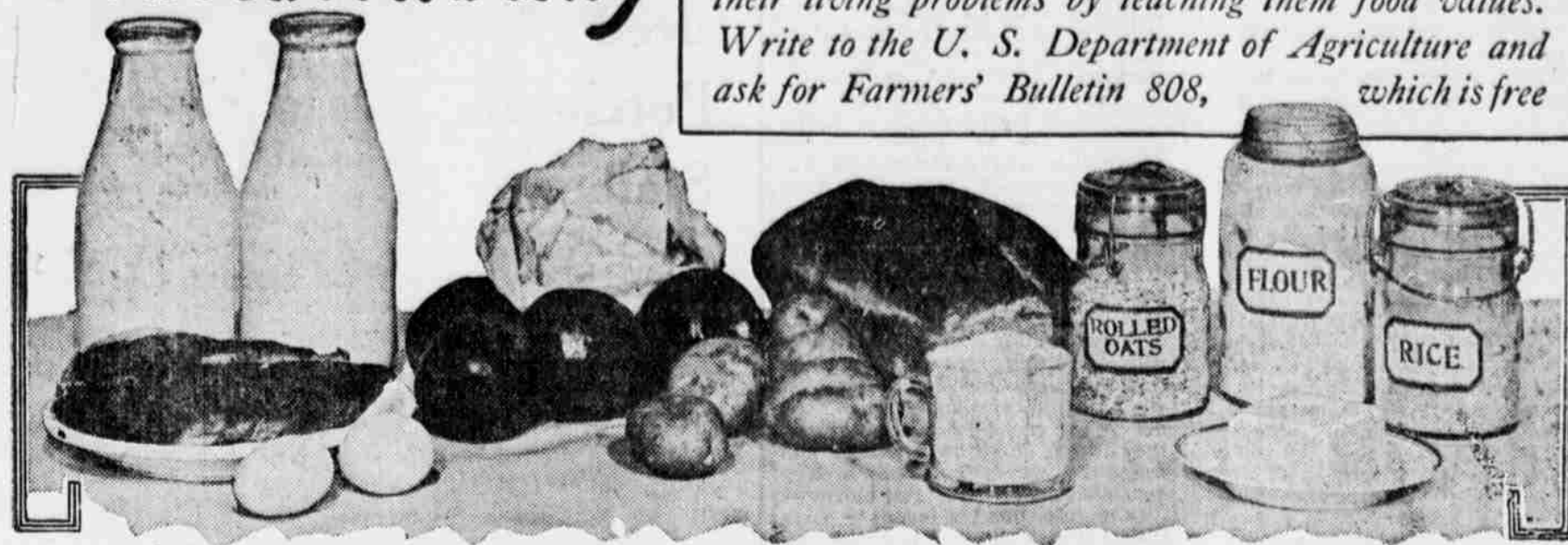


How to Select Foods and Live Economically

The federal government wants to help the people solve their living problems by teaching them food values. Write to the U. S. Department of Agriculture and ask for Farmers' Bulletin 808, which is free



A day's rations for father, mother, and three children aged between three and twelve years—one and a half pound bread, one-fourth pound rolled oats; one-half pound rice; one heaping cupful sugar; one pound flour for use in cooking; two quarts milk; one pound beef; two eggs; four apples; four potatoes; one-third pound butter; good-sized head of lettuce.

HOW can the housekeeper tell whether or not she is providing the food which her family needs and is getting the best possible returns for the money she spends? Unfortunately, the price she pays for food is no test of the nourishment it yields to the body. Neither can hunger and its satisfaction always be relied on. A bulky diet of potatoes or bananas alone would soon make a person feel that he had eaten enough, but would not furnish all that the body needs. Evidently what a person who plans meals ought to know is what things the body needs in its food and how these needs can be filled by the ordinary food materials.

The Day's Food.

A man who does fairly hard muscular work would be likely to get the food which his body needs if supplied daily with such a combination of foods as the following:

- 1½ pounds of bread, having about the same food value as 1 pound of such cereal preparations as wheat or rye flour, oatmeal, cornmeal, rice, etc.
- 2 ounces, or ¼ cup, of butter, oil, meat drippings, or other fat.
- 2 ounces, or ¼ cup, of sugar; or 1-3 cup of honey or sirup or an equivalent amount of other sweet.
- 1½ pounds of food from the following: Fresh fruits and green or root vegetables.
- 12 ounces of food from a class which may be called "meats and meat substitutes"; that is, moderately fat meats, poultry, fish, eggs, cheese, dried legumes (beans, peas, lentils, cowpeas, and peanuts). Milk also belongs among these foods, but because of the large amount of water it contains half a glass, or 4 ounces of it would be required to equal an ounce of any one of the others.

A man who works hard out of doors all day probably would need more food than this, and one who sits all day at his desk would need less. The amounts given are suitable for a man who, like a salesman in a store, walks about more or less and does more or less of such work as lifting.

A family consisting of a man and a woman who do moderately hard muscular work, and three children—say, between three and twelve years of age—would get the food they require if supplied daily with:

- 4½ pounds of bread, having the same food value as 3 pounds of wheat or rye flour, oatmeal, cornmeal or hominy, or rice; or about 2½ pounds of cereals and 5 or 6 medium-sized potatoes.
- ¾ cup of fat (butter or butter with oil, beef drippings, or other fat)—a weekly allowance of 2½ to 3 pounds.
- A little more than 1 cup of sugar, or a weekly allowance of 4 pounds; or an equivalent amount of some other sweet.
- 4 pounds in all of fresh fruits and fresh or root vegetables.
- One of the two following, the choice depending on the age of the children:
 - 3 quarts of milk and 1 pound of other foods taken from the meat and meat-substitute group.
 - 2 quarts of milk and 1½ pounds of other foods taken from the meat and meat-substitute group.

In the combinations of food materials here described, bread and other preparations of cereals are used as freely as they can conveniently be without making the ration one-sided or unattractive. Such cereal foods form a very wholesome and economical basis for the diet, whether the cereal is used as a breakfast dish, as flour or meal in bread and cakes, or in other ways. A diet equally nourishing and wholesome might be planned with less cereal, but this would make it necessary to increase the amount of the more costly foods, such as meat, fruits, vegetables, and sweets. When cereals are used as largely as in the diet just described it is most important that they be made as attractive as possible. This means good bread, well-cooked and carefully salted breakfast cereals, and inexpensive but well-made and seasoned cakes and puddings. Rice, macaroni, and hominy can often be made more appetizing and nutritious by combining with them small amounts of materials which are not so cheap and have more distinctive flavors. Among these are meat and cheese, and onion, tomato, and other seasoning vegetables. Examples of such combinations are rice and meat, meat pie, or meat with dumplings; macaroni and cheese; tomatoes cooked with bread crumbs or rice; and cereal and fruit puddings, or cereal and milk puddings.

Food materials such as those shown in the pictures may be combined into three meals in many ways. The following meals are given, not because they are recommended above many others that might be used, but simply to show that such foods can be combined into dishes such as are commonly used in American homes.

SAMPLE MEALS FOR A FAMILY. (Man, woman, and three small children.)

BREAKFAST.

- Fruit, 1½ pounds of fresh fruit (equivalent to 3 medium-sized oranges, 5 small apples, or a quart box of strawberries), or 3 or 4 ounces of dried fruits (equivalent to 10 or 12 dates or 4 or 5 figs).
- Cereal breakfast food, 4 ounces before being cooked, or about 1½ pints after it is cooked. The equivalent in food value in puffed or flaked, ready-to-eat cereals would be 5 or 6 cups.
- Milk on cereals, ¼ cup for each person.
- Sugar on fruit, or cereal, or in coffee, 2½ level tablespoons or 1½ ounces.
- Bread, 8 slices, or 8 ounces.
- Butter, 1½ ounces, or 2½ cubic inches.
- An egg or 2 ounces of meat, fish, or poultry for each older person, and a glass of milk for each young child.

DINNER.

- Meat, or fish, ¼ pound per grown person; or, for each child, an egg or a glass of milk.
- Potatoes (3 medium sized), 1½ pounds.

Another vegetable (turnips, spinach, corn, cauliflower, or other), 1 pound.
Bread, 8 slices, or 8 ounces.
Butter, 1½ ounces, or 2½ cubic inches.
Steamed apple (or other fruit) pudding. (Ingredients: Two cups flour, 2 tablespoons butter, ¼ cup milk, 4 apples, 1 tablespoon sugar.)
Sauce. (Ingredients: One-half cup sugar, 1½ tablespoons flour, 2 teaspoons butter, ¼ cup water, flavoring.)

SUPPER.

A gravy made out of 1 pint of skim milk, ¼ cup flour, 2 level teaspoons butter, and 4 ounces salt or smoked fish (just enough for flavor). To this can be added the egg yolk left from the frosting of the cake. (See below.)
Rice, 8 ounces, or 1 cup, measured before being cooked.
Bread, 8 slices, or 8 ounces.
Butter, 1½ ounces, or 2½ cubic inches.
One-half of a cake. (Ingredients for whole cake: One-fourth cup butter, ¼ cup sugar, 1 egg, ½ cup milk, 1½ cups flour, 2½ teaspoons baking powder.)
Frosting made with 1 egg white and ¼ cup sugar.

Flavorings and Condiments.—They are not absolutely needed by the body, but may be very useful in making an otherwise unattractive diet taste good.

Grouping Foods to Show Their Uses.

Perhaps as easy a way as any to select the right foods is to group the different kinds according to their uses in the body and then to make sure that all the groups are represented regularly in the meals. Fortunately no more than five groups need be considered: (1) Fruits and vegetables; (2) meats and other protein-rich foods; (3) cereals and other starchy foods; (4) sweets, and (5) fatty foods. The materials under each of these heads have their special uses. It will be helpful, therefore, for the housekeeper to form the habit of thinking of the many different kinds of food which she handles as grouped in some such way as the following:

Group 1.—Fruits and vegetables, such as apples, bananas, berries, citrus fruits, spinach and other greens, turnips, tomatoes, melons, cabbage, green beans, green peas, green corn, and many other vegetables and fruits. Without these the food would be lacking in mineral substances needed for building the body and keeping it in good working condition; in acids which give flavor, prevent constipation, and serve other useful purposes; and in minute quantities of other substances needed for health. By giving bulk to the diet they make it more satisfying to the appetite.

Group 2.—Meat and meat substitutes, or protein-rich foods: Moderately fat meats, milk, poultry, fish, cheese, eggs, dried legumes (beans, peas, lentils, cowpeas, peanuts), and some of the nuts. These are sources of an important body-building material, protein. In the case of children part of the protein food should always be whole milk.

Group 3.—Foods rich in starch: Cereals (wheat, rice, rye, barley, oats, and corn) and potatoes (white and sweet). Cereals come near to being complete foods, and in most diets they supply more of the nourishment than any other kind of food. It is not safe, however, to live on cereals. The grains may be simply cleaned and partially husked before cooking, as in cracked wheat and Scotch oatmeal; they may be ground into flour and used as the basis of breads, cakes, pastry, etc.; or they may be partially cooked at the factory, as in many breakfast preparations; or they may be prepared in the form of such pastes as macaroni, noodles, etc. In all these forms they furnish the body with the same general materials, though in different proportions.

Group 4.—Sugar (granulated, pulverized, brown, and maple), honey, molasses, sirup and other sweets. Unless some of the fuel is in this form the diet is likely to be lacking in flavor.

Group 5.—Foods very rich in fat: Bacon, salt pork, butter, oil, suet, lard, cream, etc. These are important sources of body fuel. Without a little of them the food would not be rich enough to taste good.

Some food materials really belong to more than one group. Cereals, for example, supply protein as well as starch; potatoes supply starch as well as the mineral matters, acids, cellulose, and body-regulating substances, for which they are especially valuable; and most meat supplies fat as well as protein. For the sake of simplicity, however, each material is here grouped according to the nutrient for which it is usually considered most valuable.

The lists given below show some of the common food material arranged in these five groups. If the housekeeper will consult them in planning meals until she has learned where each kind of food belongs, she will have taken the first step toward providing a diet which will supply all the food needs of her family. It will be only one step, to be sure, but it should prevent two mistakes—that of serving meals that have not sufficient variety, and that of cutting down in the wrong places when economy either of time or money is needed:

GROUP 1—Foods Depended on for Mineral Matters, Vegetable Acids, and Body-Regulating Substances.

- Fruits: Apples, pears, etc. Bananas. Berries. Potatoes and root vegetables. Green peas, beans, etc. Tomatoes, squash, etc. Etc.
- Vegetables: Salads—lettuce, celery, etc. Potherbs or "greens": Potatoes and root vegetables. Green peas, beans, etc. Tomatoes, squash, etc. Etc.

Group 2—Foods Depended on for Protein. Milk, skim milk, cheese, etc. Eggs. Meat. Poultry. Fish. Dried peas, beans, cowpeas, etc. Nuts.

Group 3—Foods Depended on for Starch. Cereal grains, meals, flours, etc. Cereal breakfast foods. Bread. Crackers. Macaroni and other pastes. Cakes, cookies, starch puddings, etc. Potatoes and other starchy vegetables.

Group 4—Foods Depended on for Sugar. Sugar. Molasses. Sirups. Honey. Candies. Fruits preserved in sugar, jellies, and dried fruits. Sweet cakes and desserts.

Group 5—Foods Depended on for Fat. Butter and cream. Lard, suet, and other cooking fats. Salt pork and bacon. Table and salad oils.

Thinking of foods according to the group to which they belong or according to the nutrient which they supply in largest amount will help the housekeeper to see whether in the meals she plans she has supplied all the different materials needed, especially whether there is the necessary, though small, amount of tissue-building material and body-regulating materials (groups 1, 2, and 3). When she has made sure that these are present, she may safely build up the bulk of the diet from whatever materials from the other groups that seem economical, wholesome, and appetizing. By means of this grouping she will be reminded that meals consisting only of cereal mush (group 3) served with butter (group 5) and sirup (group 4) would not be a complete ration, and would almost surely be lacking in body-building material, because there are no foods from either group 1 (fruits and vegetables) or group 2 (protein-rich). It will become clear, also, that a school lunch of a kind far too frequently served, consisting of bread and cake, is lacking in the same way, and that a glass of milk (group 2) and an apple or an orange (group 1) would make it far more nearly complete. She will learn the wisdom of serving fruit (group 1) rather than a whipped-cream dessert (group 5) or a suet pudding (groups 3 and 5) after a course including a generous portion of fat meat (groups 2 and 5).

This method of planning prevents substituting one food for another which has an entirely different use. It prevents the housekeeper, for example, from trying to give a pleasant variety by using an extra amount of cakes or sweet desserts in the place of fruit and vegetables when the latter seem difficult to obtain. Sugar is nutritious and has a valuable place in the diet, but the nourishment it furnishes is fuel and not the body-building and body-regulating materials which are found in fruits and vegetables, and it is not safe to cut them out, even if the meals can be made attractive without them. Fortunately, they are not always so hard to obtain as it seems, and the wise housekeeper will make every effort to supply them. In general, economy within each group is safer than using an expensive food from one group in place of an expensive one from another group.

Thinking in terms of these groups will also help when laying in supplies. Dried peas and beans and dried fish, canned fish, and meat, and some kinds of cheese keep for a long time and can be used in place of fresh meat in an emergency. Fruits and vegetables put up when they are abundant will help to supply this important group in winter.

How to Tell Whether or Not Diet is Adequate.

It is very hard for a housekeeper to know exactly how much of each of the food substances or nutrients her family needs or exactly how much of each she is giving them. The exact amount which each person needs depends upon age, sex, size, and amount of work done with the muscles. An elderly person, or one of quiet habits, needs less food than a vigorous, young one; a large person more than a small one; a man more than a woman; grown persons more than children; and a farmer working in the hayfield, a mechanic, or a football player more than a man who sits at his desk all day.

The health and appearance of the family are a good test of the wholesomeness of their diet. If they are strong, well developed for their ages, free from ailments, and full of energy and ambition, one may safely say their food agrees with them. But if they are listless and ailing, or not as well developed either physically or mentally as they should be, and if a competent physician finds that there is no special disease to account for these bad symptoms, a mother may well ask herself if the food is right, and if not, how she can make it so.

General Suggestions.

Good food habits are an important part of personal hygiene and thrift. Children get such habits by having suitable amounts of suitable foods served to them and then being expected to eat what is set before them.

True economy lies not only in buying wisely, but also in making the fullest possible use of what is bought.

GOSSIP FROM STATE HOUSE

Governor Neville has directed a test suit be brought in Douglas county to determine just what kinds of drinks can be made and sold under the prohibition law.

Secretary of State Pool has sent out notices to county clerks over the state, calling attention to the new auto law, requiring special plates for manufacturers and dealers.

Thayer county was the first to send to Governor Neville its list of volunteers for registration duty under the draft law. The names of a great many Germans are on the list.

Notices have been mailed to the different railroads of the state calling attention to the law regarding mileage books, the last legislature having abolished their sale to state employees.

The state labor bureau has more applications at the present time from persons desiring to engage in farm labor than it has jobs listed. Besides nearly 100 university and high school lads, the labor commissioner has applications from half a dozen married couples. He asks farmers needing help to communicate with him at once.

It is reported that the apportionment of steel to the manufacturers of farm implements for the coming year as allotted by the Council of National Defense is to be about one-half of the amount used last year. Should this report prove to be true, scarcity of farm implements will follow and higher prices for them may be expected.

Twenty-five or thirty convicts from the state penitentiary, who have records of good behavior and are believed to be trustworthy will be allowed to work outside the institution as hired hands for Lancaster county farmers during the crop raising season, and will thus have a chance to aid in the patriotic national movement for increased production of foodstuffs.

Nebraska's territorial soldiers will have the post of honor in a legion of civil war veterans that will act as escort for Major General John J. Pershing, U. S. A., and Colonel Theodore Roosevelt when they visit the state capital June 14 to take part in the semi-centennial celebration of Nebraska's admission to the union of states.

The Nebraska state library at the capitol has on hand for the use of the patrons a number of manuals of instruction for different services of the war department, which may be consulted upon application by those desiring information. The list of volumes includes special works on the engineering division, coast artillery, light artillery, coast guard and other branches of the military organization.

To the Lincoln Drug company is accorded the distinction of receiving the first permit to sell alcohol and preparations containing it, under the provisions of the new state prohibitory law. The permit was issued Monday morning by Governor Neville, having been filed April 24, three days after the law was signed. No permit can be granted until it has been on file for twenty days with the county judge.

The firm which got the first permit is a wholesale house. No remonstrance was presented to the county judge of Lancaster county, and therefore the permit was issued as soon as the twenty days had elapsed.

"This is not the time to reduce the amount of breeding stock in the country," declared Dean E. A. Burnett, of the college of agriculture, in the opening address to 150 Nebraska cattlemen who attended the morning session of the Beef Producers' day at the university farm Tuesday. "The tendency to reduce breeding herds is not a good thing." It is not to be expected that prices will continue at their present level. Moreover, livestock raising should be viewed as a permanent industry—not as an industry which can be suspended for a short time and later be resumed easily and without loss. Don't sell out when prices are normal, expecting to get back into livestock raising quickly when prices are lower."

Department Commander John G. Maher of the Spanish-American War Veterans of Nebraska has sent a general order to all camps in the state asking them to make a special patriotic observance of Memorial day, May 30, asking each man to put a chaplet or flower on the grave of a soldier.

State Superintendent W. H. Clemmons, who has been absent for two months, owing to critical illness, has returned to Lincoln and appeared at his desk at the state house. Mr. Clemmons is much improved in health.

Serious objections to the proposed car distribution rules which the Nebraska state railway commission drafted in accordance with an enactment of the recent legislature, developed at a hearing at which about 100 grain men and representatives of the railroads were present. Most of the opposition to the railway commission's rules centers on the one proposing to take as a basis of car distribution at each station the five-year average of cars used during the same month by shippers.

CANADA'S IMMIGRATION

Increased by About Sixty Per Cent in Past Six Months.

That Canada is at war is now more fully appreciated on this side of the boundary line, now that the United States has stepped alongside its northern neighbor and linked hands in the great struggle for a freer democracy throughout the civilized world. As a result of this a greater interest than ever is seen in the mutual effort to develop both the United States and Canada. Recently, just before the time that the United States declared its intention to enter the contest and contribute of its resources to the defeat of the autocracy, whose design was to permeate the world, Western Canada made an appeal for farm labor to till the fields and prepare the soil for the crops of grain that were necessary to feed the fighting forces and keep up the requirements necessary for the Allies. The responses were so great that before half the time limit expired, over six thousand laborers were secured. This was not sufficient, but once the United States was declared to be in a condition of war, and farm labor required here to meet any exigency as to short rations that might arise, the sister to the north, withdrew from attempts, which might mean a restriction of the farm labor supply in the United States. But even with this it is thought Canada will now be fairly well supplied.

Apart, however, from the farm labor proposition, it is gratifying from both a United States and Canadian point of view that the immigration of farmers to take up homestead lands and to purchase improved and unimproved land in Canada, has shown such a wonderful increase in the past three months. The great struggle for increasing the food supply has a broader and greater significance than ever. The food must come into existence, whether the rich soils of the United States or those of Canada be the factor.

It is altogether probable that the action of the Canadian Government in taking the duty off wheat going into Canada, thus automatically lifting the duty off that coming into the United States, may not be responsible for an increased immigration to Canada. Canada's reputation for growing larger average yields and a better quality of grain, and on lands, many of which are free, as well as those that range from \$15 to \$35 an acre, is an appeal that is being responded to by farmers who are now renting high-priced lands, is another reason for expecting an increasing number of farmers from the United States.

Mr. W. D. Scott, Superintendent of Immigration at Ottawa, Canada, recently gave out figures concerning immigration from the United States, which shows that the increase in the past three or four months was 60 per cent over the same period last year, and Mr. Scott forecasts that during the calendar year of 1917 there will be over one hundred per cent increase and be much heavier than for many years past. Mr. Scott declares that already this spring more settlers' effects have entered Canada than crossed during the whole of last year, and the movement has just merely started.

The new settlers are coming from numerous states through the ports of Emerson, North Portal and Coutts, as well as from Oregon and Washington, through Kingsgate and Vancouver.

There arrived in Saskatchewan during the year ending December 31, 1916, a total of 8,138 persons as compared with 5,812 during the twelve months previous. At the same time nearly twice as many immigrants passed through the immigration department at Edmonton, Alberta, in the last twelve months as for the same period of the year before.

The number of settlers from Eastern Canada migrating to the west also increased. From January 1 to March 31, 1917, the number of cars of stock that passed through the Winnipeg yards was 750, as compared with 361 last year. A fair estimate of the value of each car would be about \$2,000, which means that the west has secured additional live stock to the value of \$150,000 or more, during the first three months of 1917, not taking into account that brought in by immigrants from the United States.—Advertisement.

Indeed They Do!

Little Willie, although not much of a singer, has the spirit all right. He was rendering an especially erratic version of "Columbia, Gem of the Ocean," the other evening, and an entirely new, though suitable, interpretation of the words of the song. He began:

"O Columbia, gem of the ocean, The home of the brave and the free—" The listeners withstood several painful lines of this and there wasn't a break.

"A world offers homage to thee," he screamed.

Then came the triumph of the song: "Thy banners make Germany tremble."

And the little group of listeners broke out into cheers.—Indianapolis News.

Men who try to achieve distinction by being no better than they ought to be always get lost in the crowd.

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